

We are here to help you.

Top Tips Guide: Resetting, realignment and resilience



Resilience

Have you found yourself questioning what you can control at the moment? And what you might be able to control in the coming weeks and months? Do you have personal or professional goals you've had to put on hold for now? Or perhaps you have a significant milestone or celebration coming up which is now accompanied by an element of uncertainty around when you'll be able to fully celebrate and embrace the moment as planned? It's likely many of us are experiencing one or a few of these challenges to one extent or another at the moment – and without doubt, this can be disheartening and unsettling.

In such uncertain times, resilience is a powerful tool to have in your armoury and will help you face these challenges successfully. Resilience is innate in all of us as humans, we all have resilience - but we can nurture this skill and learn to respond in a more helpful and effective way in difficult situations.

What is resilience?

Resilience comes from the Latin word *resilio*, meaning to jump back. Simply put, ensuring we bend rather than break in pressurised situations. It's our ability to cope with and overcome problems and setbacks – how we respond and react when we find ourselves in difficult situation. The more resilient we are, the faster we return back to a state of equilibrium and replenish a sense of emotional wellbeing.

And why is it important?

Being resilient can help us to:

- 'Bounce back' more quickly from adversity – helping with recovery and growth
- Maintain balance, perspective and a level of control during difficult or stressful periods
- Be proactive and where possible turn problems and challenges into opportunities
- Respond adaptively in the face of challenge - thinking differently about the problems we face
- Reframe our mindset around setbacks or perceived failures – seeing them as temporary and surmountable
- Overcome fear and replace it with drive/motivation – having a positive attitude can help foster development and improvement

How resilient we feel or whether we're able to demonstrate resilient behaviours can be influenced by a range of factors, including our health and wellbeing, life events, our relationships and support networks and our sense of proportion.

Top tips for developing your resilience

1. Be your own benchmark

Comparing yourself to others and how you perceive they're coping is neither helpful nor constructive – particularly during times like these, where everyone is facing their own unique set of circumstances and challenges. Instead, focus on you and your own frame of reference. Think about what makes you happy, speak kindly to yourself and try to keep things in perspective.

2. See the glass as half-full

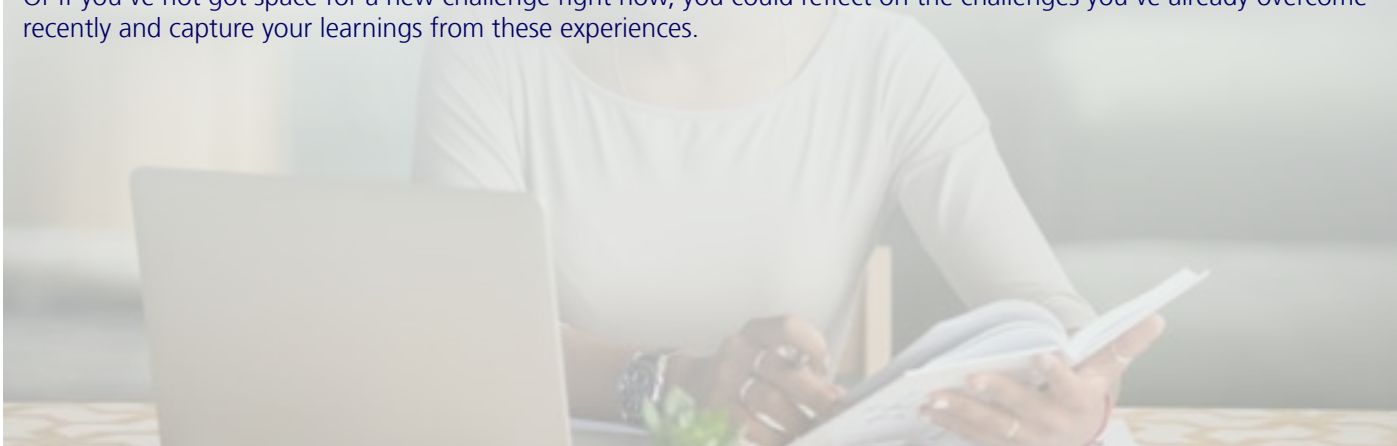
Try to maintain a positive outlook to focus your thoughts and decisions. This may feel harder to do at the moment than normal, but stick at it – the more you practice this, the more natural it will start to feel. In the current context, having a positive outlook may mean choosing to accept there's no roadmap for the current situation, for any of us and therefore, we cannot 'fail'. It's true there's lots we can't control at the moment, but we can control the decisions we make and the actions we take today, in the here and now.

3. Take emotional control

Reflect on how you respond emotionally to difficulty and challenge, and think about how you can start to regulate your reactions, whilst seeking out helpful responses instead of those that are harmful. Developing your self-awareness and an understanding of your own personal 'triggers' can help you cope better in difficult situations and prepare yourself for similar situations in the future.

4. Seek out the opportunities

Change can present opportunities for growth and development – whether that's trying some new or leveraging your skills and strengths. Even now, we can reflect on how we can make the most of the current situation. This could mean investing some quality time in you and your development – seeking out new learning or development opportunities. Or if you've not got space for a new challenge right now, you could reflect on the challenges you've already overcome recently and capture your learnings from these experiences.



5. Reflect and react

Covid-19 has undoubtedly been a very difficult and unpleasant situation – forcing us all to adapt and adjust in a very short amount of time and pushing us firmly outside of our collective comfort zones. However, in this experience there may be positives to reflect on too. For example: have you seen and experienced more acts of kindness lately or enjoyed spending more quality time with those in your household. Whatever your positive reflections are, personal or professional, thinking about these things may help you continue to evolve and adjust over the coming weeks and months.

6. Look after yourself

To support your emotional health and nurture a positive and resilient mindset, you must also prioritise and look after your physical health – as the mind and body are closely connected. This will mean different things to different people but could include exercising, taking time to relax, seeking to maintain a healthy work-life balance, eating well or staying hydrated.

7. Make positive connections

Our relationships and connections with others are very important when it comes to resilience. Strong relationships in both your personal and professional lives will provide a support network to help you navigate through life's challenges.

8. Pause, let go and move on

Resilience is about letting go of the past and focusing on what's ahead. We're all coming to terms with what may be a 'new normal'. If we can try to embrace this moment, accepting it and all its imperfections, this may help how we're feeling about it. We've already overcome great adversity and although the road ahead is unclear, you can make the best of the situation we're in now.

9. Create direction and purpose

Although our 2020 plans and goals (whether personal or professional) may now be skewed and our timelines thrown out of sync, we can continue to set ourselves smaller and more immediate goals to work towards and could perhaps consider new ways to work towards previous goals. We may not be able to achieve all of our original goals, but we can give ourselves some clarity, direction and focus.



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